



News Release

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Spring break travel plans point to need for H1N1 vaccination

Don't let the flu ruin your vacation

OLYMPIA — Traveling during spring break? There's still time to get your H1N1 flu shot before vacationing. H1N1 flu activity is increasing in many southeastern states. Over the next few weeks, people across the country will be traveling during spring break for fun family vacations. Even if you're not traveling — many people are headed to Washington from other parts of the country — and some may unknowingly bring flu with them.

"The flu season isn't over; people continue to come down with H1N1 infection, and vaccination is the best prevention," says Secretary of Health Mary Selecky. "Most people who are getting sick now haven't been vaccinated — so if you've been thinking about getting vaccinated, now is the time. Flu activity is low in our state but it's still here, and there's plenty of vaccine."

Everyone can benefit from a flu shot, though the new strain of H1N1 has hit certain people hardest, and not always the ones you think are most vulnerable — such as pregnant women. People who are overweight and those with chronic medical conditions are especially vulnerable, too. Children are also an important group to be vaccinated. Children under 10 need two doses of H1N1 vaccine and many have not been vaccinated against H1N1 at all.

The state Department of Health provides information about vaccine and where to find it online. The agency's [H1N1 Web site](http://www.doh.wa.gov/h1n1/default.htm) (www.doh.wa.gov/h1n1/default.htm) offers tips on how schools, businesses, and people at home can stay healthy as this year's flu season continues. The agency also posts [H1N1 updates on Twitter](http://twitter.com/wa_deptofhealth) (http://twitter.com/wa_deptofhealth).

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Visit the Washington Department of Health Web site at <http://www.doh.wa.gov> for a healthy dose of information.